

MOTIVATION OF SELF-TESTING ACTIVITIES

James R. Shepherd

Director of Physical Ed.
West Junior High School
Kansas City, Missouri

TUMBLING GROUPS
(arranged according to difficulty)

| Stunt | Percent | Diff from M in percent | σ Value from M | Difficulty Value when σ is 3 σ |
|-------------------------------------|---------|---------------------------|--------------------------|---|
| <u>Group I</u> | | | | |
| 1. Forward Roll | 99 | - 49 | - 2.33 | .67 |
| *2. Tip Up | 96 | - 46 | - 1.75 | 1.25 |
| *3. Inverted Squat Stand | 94 | - 44 | - 1.56 | 1.44 |
| *4. Head Stand (Supported) | 89 | - 39 | - 1.23 | 1.77 |
| *5. Mule Kick | 88 | - 38 | - 1.18 | 1.82 |
| <u>Group II</u> | | | | |
| 6. Backward Roll (Standing) | 86 | - 36 | - 1.08 | 1.92 |
| 7. Backward Roll (Sitting) | 85 | - 35 | - 1.04 | 1.96 |
| 8. Dive | 82 | - 32 | - .92 | 2.08 |
| *9. Elbow Stand (Supported) | 82 | - 32 | - .92 | 2.08 |
| *10. Forearm Balance (Supported) | 79 | - 29 | - .81 | 2.19 |
| <u>Group III</u> | | | | |
| 11. Headstand | 78 | - 28 | - .77 | 2.23 |
| 12. Handstand (Supported) | 73 | - 23 | - .61 | 2.39 |
| 13. Elbow Stand | 62 | - 12 | - .39 | 2.69 |
| 14. Head Spring (Rolled Mat) | 65 | - 15 | - .31 | 2.61 |
| 15. Cart Wheel | 53 | - 3 | - .08 | 2.92 |
| <u>Group IV</u> | | | | |
| 16. Forward Round Off | 43 | 7 | .18 | 3.18 |
| 17. Forearm Balance | 42 | 8 | .21 | 3.21 |
| 18. Front Over | 41 | 9 | .23 | 3.23 |
| 19. Back Bend (Recover) | 39 | 11 | .28 | 3.28 |
| 20. Hand Spring | 38 | 12 | .31 | 3.31 |
| <u>Group V</u> | | | | |
| 21. Snap-Up | 30 | 20 | .52 | 3.52 |
| *22. Forward Roll and Snap-Up | 29 | 21 | .55 | 3.55 |
| *23. Backward Roll to Head Stand | 27 | 23 | .61 | 3.61 |
| 24. Hand Spring (One Hand) | 24 | 26 | .71 | 3.71 |
| 25. Hand Walk | 21 | 29 | .81 | 3.81 |
| <u>Group VI</u> | | | | |
| 26. Snap-Up from Head Stand | 21 | 29 | .81 | 3.81 |
| 27. Forward Somersault (With Run) | 20 | 30 | .84 | 3.84 |
| *28. Backward Roll to H and Stand | 20 | 30 | .84 | 3.84 |
| 29. Back Over | 13 | 37 | 1.13 | 4.13 |
| *30. Chest Roll | 10 | 40 | 1.28 | 4.28 |
| <u>Group VII</u> | | | | |
| 31. Forward Somersault (Rolled Mat) | 10 | 40 | 1.28 | 4.28 |
| 32. Forward Somersault | .09 | 41 | 1.34 | 4.34 |
| 33. Back Somersault (Rolled Mat) | .05 | 45 | 1.65 | 4.65 |
| 34. Back Somersault | .04 | 46 | 1.75 | 4.75 |
| 35. Back Hand Spring | .04 | 46 | 1.75 | 4.75 |

Group VIII

(Borrowed entirely from McClow and assumed to be more difficult than preceding stunts.)

- 36. Gainer (With Run)
- 37. Forward Somersault with 1/2 twist
- 38. Backwards Somersault with 1/2 twist
- 39. Baroni
- 40. Back Hand Spring (With Layout)

* Stunts studied only one year.